

MRS. LENORA BODENHAMER.

Mrs. Lenora Bodenhamer, R. F. D. 1. Box 99, Kernersville, N. C., writes: "I suffered with stomach trouble and indigestion for some time, and nothing that I ate agreed with me. I was very nervous and experienced a continual feeling of uneusiness and fear. I took medicine from the doctor, but it did me

no good.
"I found in one of your Peruna books a description of my symptoms. I then wrote to Dr. Hartman for advice. He said I had catarrh of the stomach. I took Peruna and Manalin and followed his directions and can now say that I feel as well as I ever did. I hope that all who are afflicted with

the same symptoms will take Peruna, as it has certainly cured me." The above is only one of hundreds who have written similar letters to Dr. Hartman. Just one such case as this

entitles Peruna to the candid consider-ation of every one similarly afflicted. If this be true of the testimony of one per-son what ought to be the testimony of hundreds, yes thousands, of honest, sin-cere people. We have in our files a great many other testimonials.

KNITTING MACHINE ROMANCE,

Invented That a Jilted Lover Might Have His Revenge.

Romance may certainly figure in many of the knitted waistcoats and gorgeous stockings worn by our undergraduates of to-day, but these have not so romantic an origin as the first of these articles produced in this country.

For tradition has it that William Lee, who in the sixteenth century invented the knitting frame on which both stockings and waistcoats were produced mechanically, was driven to this piece of ingenuity by the cruel flouting of the lady he loved, who hap-

pened to be a stocking knitter. Enraged at his failure to make an impression on her heart, he sought to make it on her purse by killing her means of livelihood; and one is glad to read that all stocking makers combined to frustrate his cruel purpose, with the result that he fled with his invention to France, where he finally died of a broken heart, whether for love of his lady or of his spoiled invention, tradition does not say.-London Chronicle.

Not So Long.

There was so much ceremony connected with a church cornerstone laythat the moving picture machine man felt warranted to take a couple of miles of photographs. These pictures proved to be very

good, and large crowds were delight ed with the exact reproduction of the dedicatory exercises.

"I like the moving pictures better than I did the original service," confessed a prominent member of the congregation.

'You do," gasped a devout elder. "I'm surely pained to hear you say so. Why should you prefer the pictures?" "Because the picture man," answered the prominent member, pleasantly, "cut out all the sermons."

"Tainted Money" No New Thing. "'Nay, nay, nay!' said the arch-bishop, waving a white, jeweled hand as the chief began to divulge some of his larger plans. 'Tell me not of thy wicked schemes! Thy methods I must condemn utterly, but if thou bringest me the money, well, I can at least see to it that it be not used for bad purposes. And speaking of money, we need for the walls of the apse a hundred bags of gold. Dost think thou

couldst manage it?' "'Ay,' said the Gentle Robber, and that night he despoiled nine men, killing three that resisted longest, for he was a great lover of holy church, and a devout believer, nor could she ask of him any service that he would not perform."-"The Gentle Robber," in McClure's.

DR. TALKS OF FOOD

Pres. of Board of Health.

"What shall I eat?" is the daily inquiry the physician is met with. I do not hesitate to say that in my judgment, a large percentage of disease is caused by poorly selected and improperly prepared food. My personal experience with the fully-cooked food, known as Grape-Nuts, enables me to speak freely of its merits.

"From overwork, I suffered several yea s with malnutriton, palpitation of the heart, and loss of sleep. Last summer I was led to experiment personally with the new food, which I used in conjunction with good rich cow's milk. In a short time after I commenced its use, the disagreeable symptoms disappeared, my heart's ac-tion became steady and normal, the functions of the stomach were properly carried out and I again slept as

soundly and as well as in my youth. "I look upon Grape-Nuts as a perfect food, and no one can gainsay but that it has a most prominent place in a rational, scientific system of feeding. Any one who uses this food will soon be convinced of the soundness of the principle upon which it is manufac red and may thereby know the fact to its true worth." Read, "The Roa Wellville," in play. "There's



GRAPE GROWING.

Girdling the Vines Enlarges Fruit but injures the Flavor.

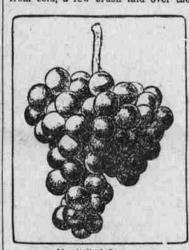
In reference to the grapes here shown, which were grown in Litchfield county, Conn., the grower was very careful to make plain that he does not ordinarily believe in girdling grapes. It causes the fruit to grow much beyond its natural size, but the quality is never improved and is usu-



injured, says New England Home stead. In the same paper Prof. Gulley writes of the best time to trim grape vines, as follows:

"The best time to trim grapes is early winter. Days can then be select. ed that are mild and the ground dry, It can be done at any time before the vines start in the spring. If trimmed after the sap starts they may run or bleed badly. Do not, however, omit the trimming if the work has been left so late, as the surplus wood left on the vine would do far more damage than the bleeding from one year's trimming. When done in early winter the vine should be cut free from the trellis, letting it fall to the ground or as near it as it will. This is to prevent the breaking of the vine or trellis by snow when it settles. If it should happen to be deep or drift it also protects the vine from extreme cold.

In places where there is danger from cold, a few brush laid over the



Ungirdled Grapes.

vines when trimming add much to their safety. Do not use for this purpose anything like straw or manure that may attract mice. Very early in the spring before work is hurrying the vines can be taken up and again tied to the trellis. As to general care, cultivation and fertilizing, what will grow corn will grow grapes.

PLANT BUILDING.

Important Part Which Water Plays in the Process.

A simple way to illustrate how plant food goes into solution in water in to drop a lump of sugar into a glass of water. The lump immediately be gins to fall to pieces, and in time will become dissolved and uniformly distributed through the water. As the water of the soil comes in contact with the surfaces of particles of soil and fertilizing constituents, there is a breaking up of surface molecules. which, as they become free, are floated off through the capillary water. In this form the molecules of plant food are transported through the soil. The root hairs absorb this plant food and thus a movement of the solution is started toward the root. Not having the power to choose their food, the root hairs must absorb everything which comes in this solution whether it is injurious or not. An illustration of this is where gas lime has been used to kill grass and weeds, and the poisonous cyanide compounds being absorbed by the roots of a tree cause

The thousands of root hairs are really little pumps sucking the water out of the soil into the plant where it performs its functions as it passes to the leaves. In the leaves the excess is transpired into the air. We see that there are thousands, perhaps mil-Hons of tiny streams of water entering the tree through its leaves and passing out through the leaves. A few figures published by the Wisconsin experiment station on some ex periments made with oats and corr show what a surprisingly large quantity of water is required for plant growth. It was found that in raising oats 522.4 tons of water were re quired for every ton of dry matter For one ton of dry matter in flint corn 233.9 tons of water were required, and of dent corn 309.8 tons of water.

Alfalfa and Hogs.

C. P. CLOSE.

Here is where the man with an al falfa pasture comes out ahead. hogs do just as well as though he had SPRAYING FOR APPLE SCAB.

Prof. Emerson, of Nebraska Experiment Station, Tells of Work Done.

In some spraying tests against ap ple scab, carried on on the Nebraska experiment station, the varieties of apples used were Sweet June, Winesap Maiden Blush, Jonathan and Ralls Genet.. Bordeau was the solution

The first two varieties named were young trees, five and eight years old respectively. The other varieties were old trees. The Maiden Blush and Winesap were sprayed only once, May 23, for the former and May 27 for the latter, in both cases after the blossoms had fallen, and in case of the Winesap, even after the calyx lobes had closed. The Sweet June, Jonathan and Ralls Genet were sprayed

at different times. The prevalence of scab on the sprayed and and unsprayed trees was first determined approximately by simply examining from 100 to 200 fruits per tree. Later, when the apples were picked, all the fruits except in case of Jonathan were examined and the amount of scab on different trees determined more accurately.

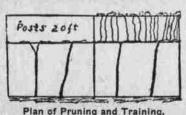
In the records of the tests given two or three facts stand out with special prominence: The unsprayed fruit was very scabby, running from about 50 per cent, in case of Jonathan to 80 per cent with Winesap. The first spraying, April 26 and 27, when the leaf buds were just opening, afforded no protection to the fruit. Trees sprayed late in April, and not sprayed afterwards, had fully as scabby fruit as unsprayed trees. The third spraying, May 23 and 28, gave very good results. Winesap trees sprayed only once late in May, showed only about 13 per cent, of scabby fruit, as against 80 per cent, for unsprayed trees, and Maiden Blush only four per cent. of scab on sprayed, as against 65 per cent, on unsprayed trees. The second spraying, May 7 and 9, while beneficial in practically all cases, was not quite so effective in controlling scab as the later spraying. The best results followed two spray ings, one early and one late in May This is well shown in case of Sweet June, where an unsprayed tree had per cent. of scab, one sprayed May 40 per cent, one sprayed May 28, 20 per cent, and another sprayed on both May 9 and 28 only four per cent.

Some of the apples, notably Jonathan, were injured considerably by the spraying of May 23. The fruit was badly rusted on one side. In the worst cases the injury took the form of onesided development of the fruits Whether the injury was due to an overdose of the spray, to improperly made bordeaux, to the green arsenoid used with the bordeaux, or to the extreme tenderness of the Jonathan fruits, I am unable to say.

PLANTING A RARE GRAPEVINE.

Care Will Be Rewarded by Vigorous Fruitful Vines.

When I have a grapevine I think more of than any other variety I always give it the best, sunniest spot I have in garden or field, as far as possible from all trees if you want fine, large bunches of fruit, says a writer in Rural New Yorker. First I dig off all the surface soil for a space from two to three feet each way, according to size of vine roots; then I dig out the subsoil at least two feet deep, fill up the hole with good, rich surface soil mixed with a little fine, wellrotted manure within eight or ten inches of the surface, setting the vine not more than ten or 12 inches deep If dry, wet the roots well; put on top of roots at least six inches of good soil, then finish with three or four



nches of subsoil. This will help keep down the weeds and force roots down ward. Hoe around the vine lightly until vine gets well started. I have set many vines during my life, and never known one to die. I am a firm believ er that growing grapevines have some faculty or way of seeing. To test this I have set vines at both sides of fence, and, in fact, on all sides at least 20 feet away, yet all the vines would grow forward and try to reach the tree or fence, and would if let alone. I do not call this instinct. You cannot grow fine bunches of grapes in shade. The picture shows how I train the vines. The vines are put ten feet apart. We use three wires to start with, but when the vine grows large enough, remove the lower wire.

Orchard and Garden. Lay the places for seeds off in rows mark with stakes and a string, or wire, so they will be straight. . Barnyard manure with some form of

potash makes the best peach orchard

fertilizer. Any how, however cold it is, it is advisable to break the ground as early as it is in the right condition; such soil will warm up and dry out earlier. Lettuce and radishes are not allowed to seed, as the space they require is worth more than the seed will cost new and fresh; any varieties desired. For a small garden, the garden

plow, with the attachments, is the best way of all to cultivate with. Handy, efficient, not difficult where soil is in good condition, and speedy, it is the tool, or tools, as there are several of them to use.

Have Good Seeds.

Have good seed, sow or drop the seed as directions give, but perhaps it is well to plant a little thicker than directions give; this for a small garden, for they may easily be thinned, while if too thin there will be vacant spots to produce weeds.

The Development of Breeds. Breeds stand for a distinct meaning. BACKACHE IS KIDNEYACHE.

Cure the Kidneys and the Pain Will Never Return.

back. Cure the cause, the kidneys Thousands tell cures made by Doan's Kidney Pills. John C. Coleman, a prominent merchant of Swainsboro, Ga., says: "For several years my kidneys

were affected, and my back ached day and night. I was

languid, nervous and lame morning. Doan's Kidney Pills helped me right away, and the great relief that followed has been permanent." Foster-Milburn Co., Buffalo, N. Y.

Sold by all dealers. 50 cents a box. SAHARA GROWING DRYER:

French Observer Says the Oases Are Shrinking and Will Disappear.

C. F. Gautier, a French explorer, is authority for the statement that the Sahara is continuously becoming drier to such an extent that the oases are perceptibly drying up and will disappear altogether in a relatively short time. He quotes historic records and physical signs to show that springs were at one time more plentiful than now, and that the extent of the patches where vegetation flourishes were much greater even 50 to 100 years ago.

As the climate of the region has undergone no change in perhaps thousands of years, he believes that the disappearance of the water must be due to purely mechanical causes. He considers that it is due to the continual advance of the great sand masses to the north, thus forming an Impenetrable barrier against the watershed of the Atlas mountains,-N. Y.

BABY ITCHED TERRIBLY.

Face and Neck Covered with Inflamed Skin-Doctors No Avail-Cured by Cuticura Remedies.

"My baby's face and neck were covered with itching skin similar to eczema, and she suffered terribly for over a year. I took her to a number of doctors, and also to different colleges, to no avail. Then Cuticura Remedies were recommended to me by Miss G-I did not use it at first, as I had tried so many other remedies without any favorable results. At last I tried Cuticura Soap, Cuticura Ointment and Cuticura Resolvent Pills, and to my surprise noticed an improvement. After using three boxes of the Cuticura Ointment, together with the Soap and Pills, I am pleased to say she is altogether a different child and the picture of health. Mrs. A. C. Brestlin, 171 N. Lincoln St., Chicago, Ill., Oct. 20 and 30, 1906."

Return of the Prodigal.

"I do play in tough luck sometimes," declared the impecunious girl. "Last night, you remember how it rained. I happened to be in the neighborhood of some friends of mine whom I had not seen since the last hard rain. I concluded to call. Before they asked me in they grabbed the umbrella I carried, hurried across the room with it, placed it in a closet there and locked the door on it. "Thank heaven!" they cried. "At last! Our long lost umbrella!"

Sheer white goods, in fact, any fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good Starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work.

One Hundred Years Ago.

Gen. Zebulon Pike was discovering the peak that bears his name. "The reason why I know I'm the first white man that ever saw it," he said, "is that it hasn't got any patent medicine signs on it.' Regretting that he couldn't spare the time to stop and discover the gold that lay hidden all around him, he took a parting look at the snowy summit of the peak and resumed his toilsome march.

STATE OF ORIO, CITY OF TOLEDO. FRANK J. CHENEY makes outh that he is senior pariner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo. County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED BOLLARS for each and every case of CATARIBH that cannot be oured by the use of HALD'S CATARIBE CHE CONTROL OF TRANK J. CHENEY.

Sworn to before me and subscribed in my presence this 6th day of December, A. D., 1885. A. W. GLEASON, NOTABY PUBLIC Hall's Catarrb Cure is taken internally and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free eystem. Send for testimonials, free eystem. Send for testimonials, free expectations of the expectation of Sold by all Druggists, 15c. Take Hall's Family Pills for constipution.

A Counter Irritant.

"Have you made arrangements to prevent fraud in the election?" "No," answered Senator Sorghum; couldn't quite manage that. But I've done the next best thing to defeat the opposition's iniquity. I've made arrangements that'll make their fraud so insignificant by comparison that it won't be noticed."

With a smooth fron and Defiance Starch, you can launder your shirtwaist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the fron. sick.

"The man who painted that spurious picture was an artist, at all events," said the connoissear. "I don't know about him," answered Mr. Cumrox, ruefully, "but the dealer who sold it to me was."

A woman never forgives a man for

forgiving her for not forgiving him.

Talk is cheap if you get it from a

THE NEW INSURANCE AGENT.

He Comes in With the New Law-Pau

Morton on His Opportunity.

of New York has opened up a promis-

ing field for both men and women

with brains and energy in the sale of

life insurance. The law now provides

which practically bears the hall mark

of the State of New York, and this new

order of things has established the

sale of life insurance on a correct

The prohibition against rebating and

extravagant allowances to agents has

driven out of the business the old

type of insurance agent, who in many

cases virtually bought business, with

large rebates, instead of selling it.

His place is being taken by profes-

sors, lawyers, school teachers of both

sexes, and others, who find that being

a life insurance agent under the new

system offers greater reward than

their previous vocations. The law has

reduced commissions but all of the

commission now goes to the agent.

Life insurance is something that

everyone needs and under the pres-

ent system its sale is being conducted

with becoming dignity and propriety.

Paul Morton, president of the Equita-

ble Life Assurance Society, has taken

the lead in building up an agency or-

ganization that is in keeping with the

demands of public sentiment, and the

standard he has set for his company.

He says: "We want new agents, both

men and women, but none except en-

ergetic, able and truthful people need

apply. For such there is a splendid

Mr. Morton's policy of injecting new

and vigorous blood into the agency

force of the Society is meeting with

A Benefactor.

literature and art?" "I have done something for them," answered Mr.

Dustin Stax. "My corporations have

helped magazine writers and illus-

trators more than anything else that

"O! dear," sigher Miss Mudd, "I

"If you keep the box in a cool place

do wish I knew of an effective way

to preserve my complexion."

it will be all right, won't it?"

"Why don't you do something for

success in all parts of the country.

opportunity."

ever happened."

banis.

Perfectly simple and simply dreing with PUTNAM F DYES, 16c per package. FADELESS

Many a man has lost his mental bal ance by attempting to entertain two

or more ideas at the same time.

You always get full value in Lewis' Single Binder straight 5c cigar. Your lealer or Lewis' Factory, Peoria, Ill. standard forms of policies, each of

Strictly Business. "Do you guarantee that there are no

broken hearts in this matrimonial bureau?" "Oh, no; but, then, we always Lewis' Single Binder straight 5c cigar.

On her wedding day a young widow always wonders how many men will

Made of extra quality tobacco. A dealer or Lewis' Factory, Peoria, Ill. commit suicide on her account.

Supplied. "Don't you want to get a talking machine for your home?" have a wife at home now."-N. Y.





WOMEN SUFFER

Many women suffer in silence and drift along from bad to worse, knowing well that they ought to have immediate assistance.

How many women do you know who are perfectly well and strong? The cause may be easily traced to some feminine derangement which manifests itself in depression of spirits, reluctance to go anywhere or do anything, backache, dragging sensations, flatulency, nervousne

and sleeplessness. These symptoms are but warnings that there is danger ahead, and unless heeded, a life of suffering or a serious operation is the inevitable result. The best remedy for all these symptoms is

Lydia E. Pinkham's Vegetable Compound

made from native roots and herbs. No other medicine in the country has received such widespread and unqualified endorsement. No other medi-cine has such a record of cures of female ills. Miss J. F. Walsh, of 328 W. 36th St., New York City, writes:—"Lydia E. Pinkham's Vegetable Compound has been of inestimable value in restoring my health. I suffered from female illness which caused dreadful headaches, dizziness, and dull pains in my back, but your

medicine soon brought about a change in my general condition, built me up and made me perfectly well." Lydia E. Pinkham's Vegetable Compound cures Female Complaints, such as Backache, Falling and Displacements, Inflammation and Ulceration, and organic diseases. It is invaluable in preparing for child-birth and during the Change of Life. It cures Nervous Prostration, Headache, General Debility, and invigorates the whole system.

Mrs. Pinkham's Standing Invitation to Women Women suffering from any form of female weakness are invited to write Mrs. Pinkham, at Lynn, Mass. Her advice is free.

WATCH THIS SPACE IN NEXT WEEK'S PAPER. IT WILL TELL YOU THE

REAL REASON WHY

choers chewers more than any other sort of chewing tobacco. will also show you why there are more chewers, and more pounds of tobacco chewed, to the population in those States where "Schnapps" Tobacco was first sold, than there are in the States where "Schnapps" has not yet been offered to the trade.

We will ship SCHNAPPS direct from factory to retail dealers in lots of 10 lbs. and over, at the established jobbing price of 40c, per pound, express or freight prepaid to nearest point to which a published through rate is obtainable from point of shipment; or mail to any address a sample 5c cut of SCHNAPPS and a cambrio tobacco ouch, upon receipt of 5c is postage.

R. J. REYNOLDS TOBACCO COMPANY, Department M, Winston-Salem, N. C.



On the Scent.

Crimson Rambler-"Are you burning gasoline in dat automobile, mister?" Sparks-"No, my friend; I'm trying alcohol just for an experiment." Crimson Rambler-"I thought so. Would you mind me hangin' on behind fer a mile or so, jest fer de smell?"-

To improve the general health, take Garfield Tea daily for a time; it purifies the blood, eradicates rheumatism and many chronic ailments and keeps the health good. Garfield Tea is made of herbs; it is guaranteed under the Pure Food and Drugs Law. Garfield Tea Co., Brooklyn, N. Y.

Afraid "Don't you want to hold the baby?" asked the fond young mother. "No thank you," promptly replied the old sea captain, backing off. "Don't you like bables?" "Not much, ma'am. The last time I held one it got er sea-

Defiance Starch-Never sticks to the iron-no blotches-no blisters, makes froning easy and does not in jure the goods.

Positively cured by these Little Pills. They also relieve Dis-



tress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect rem-edy for Dizziness, Nausea, Drowsiness, Bad Taste Tongue, Pain in the Side, TORPID LIVER. They

regulate the Bowels. Purely Vegetable. SMALL PILL. SMALL DOSE, SMALL PRICE. Genuine Must Bear CARTERS



MMEDIATELY CURES Headachesand Indigestion

Fac-Simile Signature



PATENTS Waters E. Celeman. Patent Attor-Day, Washington, D. C., Advice Free, Terms low. Highest ref.

Canadian Government



of wheat from the harvest of 1906 means good money to the farmers of Westeru Canada when the world has to be fed. Cattle Raising, Dairying and Mixed Farming are also profitable calings. Coal, wood and water in abundance; churches and schools convenient; markets easy of access. Taxes fow.

For advice and information address the Superintendent of Immigration, Oltawa, Canada or any authorized Canadian Government Agent. J. S. CRAWFORD, No. 125 W. Niath Street, Kansas City, Missouri, or C. J. BROUGHTON, Room 430, Quincy Building, Chicago, Illinois.

PMER SAMPLE and our booklet on the care of Sheumation opal free na request.

You Look Prematurely Old